



## Excellent Shrimp Creole

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 10 ounce canned tomatoes diced with green chile peppers canned
- 1 cup celery finely chopped
- 6 servings chili powder to taste
- 0.8 cup flour all-purpose
- 6 cloves garlic diced
- 1 cup bell pepper green finely chopped
- 6 servings ground pepper black to taste

- 6 servings hot sauce to taste
- 1 juice of lemon juiced
- 2 cups onion finely chopped
- 6 servings salt to taste
- 3 pounds shrimp deveined peeled
- 6 ounce tomato paste canned
- 0.7 cup vegetable oil
- 1 tablespoon worcestershire sauce

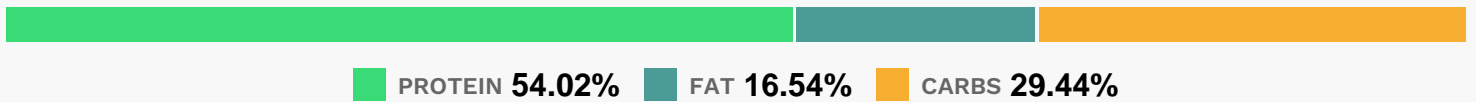
## Equipment

- sauce pan

## Directions

- In a medium saucepan, over medium heat, pour in oil and flour to make a roux. Cook together until smooth, stirring constantly, but do not brown.
- Stir in onions and saute for 2 minutes. Stir in garlic, celery, bell pepper, bay leaves, lemon juice, tomato paste, tomatoes and shrimp.
- Add enough water just to cover.
- Cook slowly until shrimp are pink and tender; stirring occasionally. Season with salt, pepper, chili powder and hot sauce to taste.

## Nutrition Facts



## Properties

Glycemic Index:40.67, Glycemic Load:10.75, Inflammation Score:-8, Nutrition Score:18.364782561427%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg

2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg  
Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.51mg, Quercetin: 11.51mg,  
Quercetin: 11.51mg, Quercetin: 11.51mg

## **Nutrients (% of daily need)**

Calories: 356.72kcal (17.84%), Fat: 6.68g (10.27%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 26.74g (8.91%), Net  
Carbohydrates: 21.82g (7.93%), Sugar: 6.53g (7.26%), Cholesterol: 365.14mg (121.71%), Sodium: 747.96mg (32.52%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.07g (98.14%), Phosphorus: 548.66mg (54.87%), Copper:  
1.04mg (52.07%), Vitamin C: 36.06mg (43.7%), Potassium: 944.15mg (26.98%), Magnesium: 102.77mg (25.69%),  
Zinc: 3.5mg (23.34%), Manganese: 0.45mg (22.53%), Fiber: 4.93g (19.71%), Calcium: 194.83mg (19.48%), Vitamin K:  
19.8µg (18.86%), Iron: 3.08mg (17.12%), Vitamin A: 828.06IU (16.56%), Vitamin B1: 0.2mg (13.36%), Folate: 52.92µg  
(13.23%), Vitamin B6: 0.26mg (13.19%), Vitamin E: 1.68mg (11.23%), Selenium: 6.66µg (9.51%), Vitamin B3: 1.78mg  
(8.92%), Vitamin B2: 0.15mg (8.81%), Vitamin B5: 0.32mg (3.23%)